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Celebrity Buzz

Demi says 'no' to plastic surgery

pg 18

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Project lets cruise ships plug into grid

AIR QUALITY Cruise ships docking in Vancouver can now plug into the city's electricity grid — cutting their engines and their diesel air emissions.

The project at Port Metro Vancouver is only the third of its kind in the world and is expected to improve air quality.

Cruise ships, most on their way to Alaska, can plug into B.C. Hydro's electrical grid, which uses mostly hydroelectric-generated power that is 90 per cent nonpolluting.

Princess Cruises and Holland America Line have already outfitted several of their fleet with onboard shore power equipment. **REUTERS**

ShareYourViews
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Health pg 15

Kids' behaviour problems start early

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Team Canada 7-0

JONATHAN HAYWARD/THE CANADIAN PRESS

Team Canada's Jayna Hefford, centre, celebrates her third-period goal against Sweden last night with teammates Gina Kingsbury and Brianne Jenner at the Hockey Canada Cup at GM Place. Canada blitzed Sweden 7-0. Story, page 11.

Historic deficit looms?

Shortfall could exceed $3B

JEFF HODSON
jeff.hodson@metronews.ca

"The deficit that this government is going to deliver is going to be huge."
NDP's finance critic

B.C. is expected to forecast the largest deficit in its history today with the unveiling of the updated provincial budget, B.C.'s finance critic said yesterday.

The provincial shortfall, which was pegged at $495-million in February's 2009 budget, could exceed $3 billion.

"The deficit that this government is going to deliver is going to be huge," Bruce Ralston, the NDP's finance critic, said yesterday after he introduced a private member's bill to create an independent provincial budget officer.

"It may well be the biggest deficit in the history of the province."

According to the Ministry of Finance's historical operating statement, the largest deficits were $2.6 billion in 2002-03 and $2.3 billion in 1991-92. The figures are not converted to 2009 dollars.

Throughout the recent provincial election, Premier Gordon Campbell stuck to his guns, promising a $495-million deficit in 2009, followed by a $245-million deficit in 2010.

"What this budget will prove conclusively is that it was false at the time (Campbell) said it. And he knew it was false. He had to have known it was false."

According to media reports, Finance Minister Colin Hansen revealed two weeks ago that projected revenues had dropped by more than $2 billion.

Natural gas revenues declined by half a billion in the last three months, while the cost of fighting wildfires has soared to more than $400 million.

The budget, however, could be bolstered by $1.6 billion in federal funding that is aimed at making the pending Harmonized Sales Tax easier to swallow.

Home births safe as hospital: Study

HEALTH A new study suggests that deliveries of infants in planned home births in the presence of a registered midwife are as safe as those done in hospitals.

Researchers looked at nearly 2,900 home births attended by midwives in B.C., and more than 4,700 planned hospital births also in the presence of midwives.

The study, led by Dr. Patricia Janssen from UBC, then compared these births to more than 5,300 births attended by physicians in hospital.

Researchers found women who had planned a home birth had lower risk of obstetric interventions, including a C-section, or complications like hemorrhage, compared to those who delivered in hospitals.

Infants whose mothers planned home births also had similar or reduced risk of death compared to newborns whose moms planned a hospital birth.

But researchers say they can't rule out the possibility the differences found between home and hospital births are due to "unmeasured characteristics of the women who chose home birth."

The study didn't explore the characteristics of women who might opt for a home birth. **THE CANADIAN PRESS**

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Ferry fuel rebate rising
Starting today, it'll be slightly cheaper to sail one of the 17 minor routes served by B.C. Ferries. The company is increasing the fuel rebate on minor routes to 10 per cent, from eight per cent, on average. METRO VANCOUVER

Local

Celeb chefs in town

TV celebrity chefs David Rocco, left, and Ned Bell will be giving cooking demonstrations at the second annual Eat Fraser Valley Food and Cooking Festival, which runs Sept. 11-13. Admission to the festival, at Abbotsford's Tradex Exhibition Centre, is $12 for adults. THE CANADIAN PRESS

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

CORRECTION The 2009 Women's Hockey Canada Cup, a four-team round-robin tournament that features some of the world's best women hockey players, is holding all its games at GM Place, not UBC's Thunderbird Arena.

CRIME RATE The overall crime rate in B.C. is down for the fifth consecutive year, with property crimes plummeting to the lowest recorded number in 30 years and violent crimes declining to a new 20-year low, according to the Canadian Centre for Justice Statistics for 2008. However, the 117 murders were 29 more than in the previous year and police say many were gang-related.

MURDER Police are investigating the murder of a woman in her early 20s who was found dead in an Abbotsford home on Saturday. RCMP aren't releasing details of her death but say the victim has connections to criminal activity.

CRASH Langley RCMP are investigating a collision between a pickup truck and a motorcycle that sent the 24-year-old motorcyclist to hospital. The accident happened on Saturday night near 224 Street and 40 Avenue. The motorcyclist is expected to recover. METRO NEWS SERVICES

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B.C. defends lowest pay

Raising minimum wage would cost 50,000 jobs, minister says

KRISTEN THOMPSON
kristen.thompson@metronews.ca

As of today, British Columbia has the lowest minimum wage in the country.

While the NDP and the B.C. Federation of Labour say the province should be ashamed at keeping its low-income residents "in poverty," the Ministry of Labour says raising wages now — in the midst of an economic crisis — would be disastrous to business.

Around 50,000 jobs would be lost if the minimum wage were raised, said B.C. Labour Minister Murray Coell. "(Businesses) have got to produce a profit, and if they've got more costs they'll have to look at their employees for layoffs," he said.

New Brunswick and B.C. were tied for the lowest minimum wage in Canada at $8 until today, when New Brunswick bumped its lowest hourly rate to $8.25.

Coell said the province has taken a number of steps to help low-income earners offset the costs of living here.

"(We've) reduced provincial income tax by 70 per cent for low-income residents," Coell said.

He added that people earning less than $20,000 a year don't pay health care premiums and programs like the rental assistance program have been expanded.

Ian Tostenson, president of the British Columbia Restaurant and Foodservices Association, said raising the minimum wage could cripple his industry.

"In the restaurant sector, most people are earning well above the minimum wage and a lot of staff are tipped," Tostenson said.

"These benchmarks in other parts of Canada, I don't think are particularly relevant ... it's a whole different economy."

Who earns it?

- Around 2.7 per cent of British Columbians earn minimum wage or less – the smallest percentage in Canada after Alberta, according to Statistics Canada.

Constable grounded after drunk-driving arrest

JEFF HODSON
jeff.hodson@metronews.ca

A long-serving Vancouver police constable has been arrested for suspected impaired driving, the department said yesterday.

The officer was off-duty when he was stopped at 3:45 a.m. Sunday at an RCMP checkstop on the Gaglardi Way off-ramp from Highway 1. A breath sample was provided.

Mounties have recommended charges of impaired driving and driving with a blood alcohol level over the legal limit of 0.08.

The officer has not been charged and has not been named, but has been placed on desk duty.

JEFF HODSON/METRO VANCOUVER

Vancouver police spokesman Const. Lindsey Houghton speaks to the media yesterday.

"We want all our officers to be as professional as they can be and uphold the values that the public expects us to uphold," said Const. Lindsey Houghton, a spokesman for the department.

The Vancouver police professional standards branch is liaising with the RCMP's Port Mann highway detachment.

"We've also advised the office of the police complaints commissioner," Houghton said.

"We'll be conducting our investigation into the actions of the member."

Police believe robbers targeting 7-Eleven stores

CRIME Robbers are targeting 7-Eleven stores in Vancouver, police said yesterday.

Const. Anne Longley, a spokeswoman for the department, said there have been 52 robberies at the convenience stores this year and 21 in the past month and a half alone — a robbery roughly every two days.

"Investigators believe there is more than one group operating," Longley said.

Yesterday morning saw two incidents.

In the first, a man walked into the 7-Eleven at 984 West Broadway at 3:30 a.m. and threatened employees with a hammer. He demanded cash and cigarettes and ran from the store.

About 20 minutes later, a man tried to rob the 7-Eleven at 3011 Main St. The door, however, was locked and the clerk called police. The man discharged pepper spray outside the building and ran off. JEFF HODSON /METRO VANCOUVER

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What's online today.

Blogs The Fix author Declan Hill joins It's Called Football to discuss match-fixing in MLS and around the world

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VPD splashes out on report announcements
The Vancouver Police Department spent $28,000 to buy a four-page ad in a Vancouver newspaper to announce the results of its annual report, Const. Lindsey Houghton said yesterday. METRO NEWS SERVICES

First Nations communities high priority for H1N1 shot

HEALTH First Nations communities will be a high priority when Ottawa decides who will be the first to receive the H1N1 vaccine this fall, the federal health minister said yesterday.

At a news conference in Victoria focusing on First Nations health, Grand Chief Ed John, who co-chairs an aboriginal health committee in B.C., said many Aboriginal communities were hit particularly hard by the virus last spring.

He suggested that they should be among the first in line when the vaccine is ready. Health Minister Leona Aglukkaq agreed.

Ottawa has ordered more than 50 million doses of pandemic vaccine, but the entire order won't be ready all at once, and health officials are now deciding which groups will be first. THE CANADIAN PRESS

Man charged in stabbing deaths

CRIME A 33-year-old Richmond man has been charged with two counts of second-degree murder in connection with the stabbing deaths of his wife and her ex-husband.

Chang Wang allegedly stabbed Yan Lin, 36, and her former husband Zhe Hu, 37, at a McDonald's near Granville Street and No. 3 Road on Aug. 28, CBC News Online reports.

RCMP Cpl. Dale Carr said the victims died at the scene, and officers tracked Wang — who was allegedly carrying the murder weapon — less than two blocks from the restaurant. Police are asking witnesses who were present that night to come forward. KRISTEN THOMPSON / METRO VANCOUVER

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Duet a bicycle built for two

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Wheelchair-bound residents at Yaletown House will be able to cycle along the seawall or anywhere else bikes can go after the care facility purchased a specially designed bicycle with a wheelchair on the front.

The Duet Bike allows disabled passengers to sit in a specially adapted seat at the front of the bike while a cyclist pedals from behind. If the pair wants to go into a café or shop, the front unclips as a separate wheelchair.

Brian Hewer, who is in a wheelchair after suffering a stroke, has used the bike three times — including yesterday when Mayor Gregor Robertson pedaled him along the seawall.

"I feel very safe on it, and a sense of freedom because I'm out in the fresh air and out in the community," said Hewer.

He said the bike allows users to interact with their community and provides the freedom to visit parts of the city not accessible in a wheelchair.

"Getting out on a bike, even as a passenger, reduces depression and … (allows for) increased social interaction and enjoyment in life," added Carol Crichton, executive director of Yaletown House.

KRISTEN THOMPSON / METRO VANCOUVER

Vancouver Mayor Gregor Robertson, left, and Brian Hever, a resident of Yaletown House, try out the care facility's new Duet Bike in Yaletown yesterday.

News in brief

MEDIA CHEK TV, which was supposed to go off air last night, has been given a one-day extension by parent company Canwest, which is closing the station as part of a cost-cutting move.

GAMES Fifteen Canadians specializing in costume design, lighting, music, and stage direction have been signed on to help orchestrate the Opening and Closing Ceremonies at the 2010 Paralympic Games. One of the world's foremost B-boy dancers, who once hit the stage with Janet Jackson, is on board as a choreographer.

BLAZE A sprawling waterfront home near Deep Cove was destroyed in a fire Sunday night. No one was home at the time, and no cause has been determined. METRO NEWS SERVIC-

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Polish man being sent home after disrupting Air Canada flight

A Polish man charged with assaulting fellow passengers on an Air Canada flight to London, England, is going to be sent to his home country after a psychiatric assessment determined he has a mental illness. The scuffle prompted the pilots to divert the flight to St. John's, N.L. THE CANADIAN PRESS

Canada

Montreal gets set for municipal vote

Montreal's two main municipal parties are gearing up for the campaign trail. With allegations of corruption swirling around City Hall, Mayor Gerald Tremblay of the ruling Union Montreal told his troops to put the past behind them and focus instead on the party's future. Tremblay's administration faces allegations of links to extortion and alleged Mafia-meddling over a $10.6-million contract to replace a roof at city hall. THE CANADIAN PRESS

Lottery CEO fired, board dismissed

SPENDING Ontario's problem-plagued lottery and gaming corporation was overhauled yesterday as the province's finance minister fired its CEO and replaced the entire board of directors.

The auditor general was also brought in to review questionable spending at the Ontario Lottery and Gaming Corp., which included one executive charging taxpayers almost $500 for a nanny.

Problems

- The move comes after the government found questionable expense claims filed by executives going back years.
- The OLG board has been temporarily filled by senior bureaucrats.

"This is the right (step) to take in terms of the public, and across government we need to make sure that we have rigorous accountability for all Crown agencies, boards and corporations," said Ontario Finance Minister Dwight Duncan said.

"We have been trying to create change in this place for some time. Frankly, I'm not satisfied with performance to date at OLG."

CEO Kelly McDougald was "dismissed with cause" and, as a result, will not receive severance, Duncan said.

Ontario Premier Dalton McGuinty will make an announcement in the coming days about a broader set of accountability initiatives, Duncan added. THE CANADIAN PRESS

Ignatieff to pull plug?

Harper government on 'life support,' Liberal leader says

Michael Ignatieff says the Harper government is on "life support" — and he sounds like he may be ready to pull the plug.

The Liberal leader kicked off a summer caucus retreat yesterday on a hawkish note, suggesting he's keener to force a fall election than some of his strategists.

"We've kept this government on life support for 10 months," Ignatieff said, noting that Liberals supported last January's recession budget despite deep reservations.

> **"We're going to have a good discussion (during the caucus retreat) and we'll make a decision when it suits us."**
> Michael Ignatieff

"But in June I made it clear that in a whole number of areas, the government's performance was letting Canada down and it hasn't got better over the summer."

Ignatieff backed away from the brink of an election in June after Prime Minister Stephen Harper agreed to set up a bipartisan working group to study employment insurance reform.

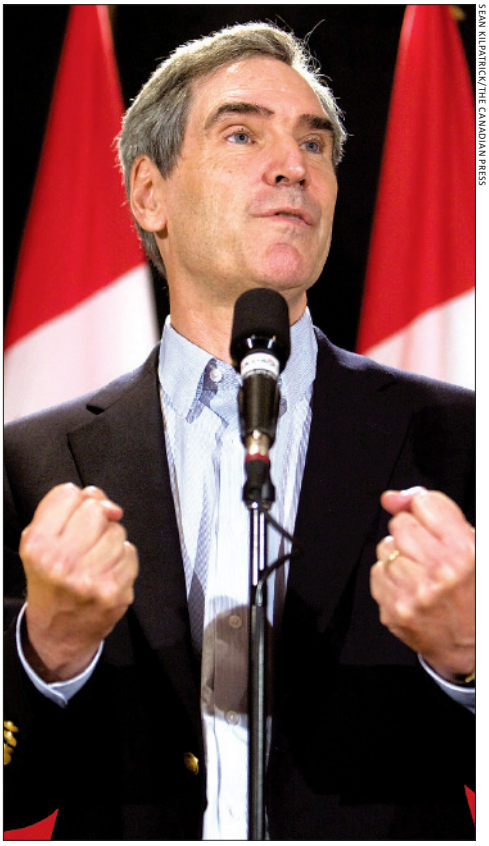
But Ignatieff said the panel has turned into "a bit of a charade," with the Tories rejecting out of hand his proposal to set a national standard of 360 hours of work to qualify for EI benefits.

The caucus retreat, which ends tomorrow, will be consumed primarily with the issue of whether the Liberals should finally vote to defeat the government during the fall sitting of Parliament, which resumes Sept. 14.

They'll have their first opportunity to present a motion of non-confidence during the first week of October. Ignatieff wouldn't say whether he's ready to take that opportunity, but he didn't rule it out either.

"We're going to have a good discussion (during the caucus retreat) and we'll make a decision when it suits us."

THE CANADIAN PRESS



SEAN KILPATRICK/THE CANADIAN PRESS

Michael Ignatieff speaks at a press conference yesterday on the first day of the Liberal summer caucus in Sudbury, Ont.

Tories campaign against election

STIMULUS The federal Tories stepped up their anti-election campaign yesterday, warning that a fall vote could threaten the fragile economic recovery.

Transport Minister John Baird, trumpeting the mantra that an election would put stimulus spending on hold, said it would be irresponsible of the Liberals to topple the government. He noted the economy grew slightly in June and said it's important to stay on course with stimulus plans.

John Baird

Baird claimed that senior Liberals have suggested recently that a fall election isn't in the cards, and said he's pleased by that. In fact, the Liberals have only said they won't try to bring down the government at their first opportunity.

Also yesterday, Tory campaign director and newly appointed senator Doug Finley sent out an email fundraising pitch warning the Liberals are expected to launch a huge advertising campaign after Labour Day. "I have no doubt that the Liberals will go to the wall with this campaign," Finley wrote, seeking funds to help the party "fight back."

"They are desperate to regain power and they will do anything to win."

THE CANADIAN PRESS

News in brief

FLU An editorial in the Canadian Medical Association Journal is urging the government to fast-track a vaccine for influenza A (H1N1), also known as swine flu, for high-risk groups. And to do that, it suggests offering these groups the vaccine without a boosting adjuvant. The government has indicated it plans to use vaccine with an adjuvant in Canada, but this requires a more thorough review process than offering a flu vaccine in the standard way.

ARCTIC Canada's chief of defence staff met quietly with his Danish counterpart to strengthen military co-operation in the Arctic just days after the Conservative government mounted a solo display of military prowess in the Far North. The unannounced discussions between Gen. Walter Natynczyk and Admiral Tim Sloth Jorgensen took place over several days last week, and were only made public in a Danish news release.

THE CANADIAN PRESS

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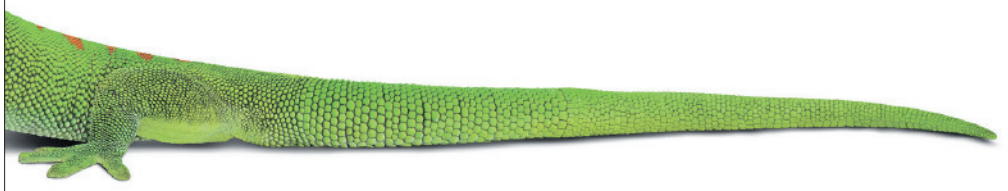

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Plane loses engine power during flight

An American military aircraft made an emergency landing yesterday in Halifax after losing power to one of its four engines. A spokesman for the Halifax airport says that the C-130 Hercules, with 23 people on board, landed without incident in the early afternoon. THE CANADIAN PRESS

Two charged in death of teen

Dakota Hunter had turned 17 only two days before his bloody, beaten body was found by the side of a road on a northern Manitoba reserve.

The death of the quiet volunteer from the Nelson House First Nation has left family members baffled.

RCMP charged two 16-year-olds from the remote reserve, located 850 kilometres northwest of Winnipeg, with second-degree murder yesterday.

They were taken into custody sometime after Hunter's body was found Saturday.

"We still have many questions ... How did that happen? Why was it him?"
Colleen Hunter, aunt

"We don't even know what, why, who," said Colleen Hunter, his aunt. "We still have many questions to be answered. How did that happen? Why was it him?"

Hunter's badly beaten body was found at 4:30 a.m. by RCMP officers on the reserve. He was taken to Thompson, about 45 minutes away, where he died of his injuries.

RCMP say an autopsy concluded Hunter died from "multiple injuries due to trauma." Although charges have been laid, the investigation is still ongoing.

THE CANADIAN PRESS

Toronto man fined $2M over lotto ticket sale scams

MONEY A Toronto man who pleaded guilty to sending out millions of deceptive direct mail promotions has been fined $2 million — double the amount of money he made from his activities.

David Stucky, 57, pleaded guilty to offences under the Competition Act.

The Competition Bureau says Stucky ran a lottery ticket reselling scheme under the name Canadian Lottery Buyers Association.

He has been placed on probation for 18 months and also received a suspended sentence for his involvement in a second deceptive scheme, a sweepstakes look-alike offer marketed under the name Canadian Equity Funding.

Both promotions were based out of the Toronto area, but targeted customers outside of Canada.

The bureau says Stucky must donate $100,000 to charity and is prohibited from engaging in any form of mass marketing for 10 years.

The lottery promotion, which sold group shares of Super 7 lottery tickets, gave consumers the misleading impression that they could win tens of millions of dollars.

But over 1 1/2 years, consumers actually won an average of 75 cents. Stucky mailed out approximately 3.1 million copies of the lottery promotion and received approximately $1 million in revenue, the competition bureau said in a release.

THE CANADIAN PRESS

Busted

- Enforcement agencies in Canada, the United Kingdom, the United States, Australia and New Zealand all played a role in the prosecution, carried out by the Public Prosecution Service of Canada.

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U.S. seeks to deport man who allegedly helped Nazis
The U.S. Justice Department is seeking to deport an 88-year-old man they say helped the Nazis during the Second World War. Papers filed in a Detroit immigration court charge that John Kalymon personally shot Jews while serving in the Nazi-sponsored Ukrainian Auxiliary Police. THE ASSOCIATED PRESS

World

Tamil journalist sentenced to 20 years

A Sri Lankan court yesterday sentenced an ethnic Tamil journalist to 20 years in prison under an anti-terrorism law for publishing articles critical of the government's war on the Tamil Tiger rebels. J.S. Tissainayagam's articles in a now-defunct magazine in 2006 and 2007 had criticized the government's conduct in the conflict and accused authorities of withholding food and other essential items from Tamil-majority areas as a tool of war.
THE ASSOCIATED PRESS

News in brief

CLIMATE CHANGE The world needs more innovative projects — like putting weather stations on cellular phone towers across Africa — to help it cope with increased hurricanes, tsunamis, droughts and floods, former UN chief Kofi Annan said yesterday. "We cannot hope to manage climate change unless we measure it accurately," Annan told 1,500 officials, diplomats and scientists as a weeklong UN meeting opened on adapting to climate change.

MEXICO Extremely dangerous and strengthening hurricane Jimena roared toward Mexico's resort-studded Baja California Peninsula yesterday, prompting emergency workers to set up makeshift shelters and chasing away an international finance conference. Jimena, just short of Category 5 status, could rake the harsh desert region fringed with picturesque beaches and fishing villages by tonight, forecasters said.
THE ASSOCIATED PRESS

Fire doubles in size

A massive fire in the Los Angeles area nearly doubled in size overnight, threatening 12,000 homes yesterday in a 32-kilometre-long swath of flame and smoke.

At least 6,600 homes were under mandatory evacuation orders and more than 2,500 firefighters were battling the flames. On the blaze's northwestern front, two firefighters were killed Sunday when their truck drove off the side of a road.

The fire was the largest of at least eight burning up and down California after days of high temperatures and low humidity. The Los Angeles-area blaze had burned at least 21 homes and was moving north, south and east through the rugged foothills northeast of the city.

"It's burning everywhere," U.S. Forest Service spokeswoman Dianne Cahir said. "If you have any insight into the good Lord upstairs, put in a request."

More than 20 helicopters and air tankers were set to dump water over the flames. Two Canadian Super Scoopers, giant craft that can pull thousands of litres of water from lakes and reservoirs, were expected to join the fight later in the day. THE ASSOCIATED PRESS

ALEX GALLARDO/THE ASSOCIATED PRESS

A burned traffic sign sits on a highway near Los Angeles.

Five trapped

- The Los Angeles County Sheriff's Department says five people who refused to heed wildfire evacuation orders are trapped in a canyon and it's too dangerous to rescue them. Yesterday they called for help because they were unable to leave a ranch in Gold Canyon.

Dalai Lama's mission of mercy gets political

TAIWAN The Dalai Lama exhorted Taiwan yesterday to safeguard its democracy, interspersing prayers for the victims of Typhoon Morakot with a challenge to Communist China.

The call from the Tibetan spiritual leader appeared to contradict assurances that his five-day visit to comfort the victims of the worst storm to hit the island in 50 years would steer clear of the political — a concern for President Ma Ying-jeou's administration, which is seeking closer ties with the mainland.

"You (now) enjoy democracy," he said, addressing a crowd of several hundred amid a landscape of jagged boulders and twisted, upended tree trunks. "That must be preserved."

"You (now) enjoy democracy. That must be preserved."
Dalai Lama to Taiwan

The trip has infuriated Beijing, which claims Taiwan as part of its territory and resents any outside effort to influence its future.

It is likely to be particularly irked by such comments from the Dalai Lama, whom it denounces as a "splittist" — alleging he seeks independence for his native Tibet. Beijing also regularly uses that sobriquet for advocates of formal independence for Taiwan, which split from the mainland amid civil war in 1949 — 10 years before Chinese troops invaded Tibet and sent the Dalai Lama into exile in India. THE ASSOCIATED PRESS

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Comment

Einstein's lessons remain vital today

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Albert Einstein detested rote learning. Students returning to school might be encouraged to know that the renowned physicist who unlocked mysteries of the universe was no genius in the classroom.

At 15 he was ushered out of one school owing to undistinguished performance and impudence. Later, at Zurich Polytechnic, he flunked a course in physics of all things, scoring the lowest grade possible. He graduated, but near the bottom of his class.

The reason for Einstein's early scholastic mediocrity was that teachers — as many still do today — rewarded regurgitation as opposed to imagination. His strength was the latter. In his engaging biography of Einstein, Walter Isaacson shows how his contrarian, independent nature made his breathtaking discoveries possible. He was always resisting conventional wisdom and always standing up against what was known in German as *zwang*. It means compulsion, coercion, having to submit.

For Einstein's liking, too many mechanically obedient automatons walked the halls. In their rush to conform they left their brains behind. Conformists were losers. Their "foolish faith" in authority was "the worst enemy of truth."

Today's teachers, especially if they're the enforcer types (we'll call them zwangers), might not like Einstein's pedagogical theories making the rounds. No telling what a rash of independent thinking might do.

In Einstein's day, zwang held sway at the student and the political level (Nazis). He left Europe for the freedom of Princeton University, a freedom that was interrupted by McCarthyism. His nonconformist passions, the key behind his theory of relativity, extended to politics in his continuing campaigns against nationalism and in his promotion of pacifism.

His example, as Isaacson points out, is vital today. Conformists are still dominant. We see how pressures accumulate on Barack Obama to water down his promise of universal health care and other planks in his change agenda. We see how Liberal Leader Michael Ignatieff, a creative, independent thinker, has been muted by pressures to conform and is criticized for spending too much time learning abroad.

In too many disciplines, today's leaders are consensus seekers as opposed to consensus changers. The key in schools, in politics, is to foster an environment that is creative. "I have no special talent," Einstein once said. "I am only passionately curious."

Let the mind roam, he advised and keep it roaming. Indolence, he told his unemployed son, is a killer. "Life is like riding a bicycle," he said. "To keep your balance you must keep moving."

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Breaking down bankruptcy numbers

InBusiness
Charles Davies

metronews.ca/inbusiness

Bankruptcies are up, to begin with. There is no doubt whatever about that.

The researchers at Statistics Canada must have felt positively Dickensian when they reported there were 14,148 bankruptcies either declared or proposed in June, 51 per cent more than in June 2008. For the 12 months ending with June, bankruptcies were up nearly 29 per cent to 143,883. That's a lot of financial misery, and about what you would expect during a severe recession.

The trouble is, those big numbers don't mean much unless you break them down. And when you do, they tell a more optimistic story of what's happening in this country.

It turns out that almost 96 per cent of those June bankruptcies were personal while fewer than four per cent were business. Over the previous year, it was the same story: 95 per cent of bankruptcies were personal; the rest were businesses.

In fact, business bankruptcies in Canada have been in a long-term decline: Since 1990, the annual total of business failures has dropped 47 per cent, and since 2000, the falloff is 39 per cent. There are a number of reasons for this.

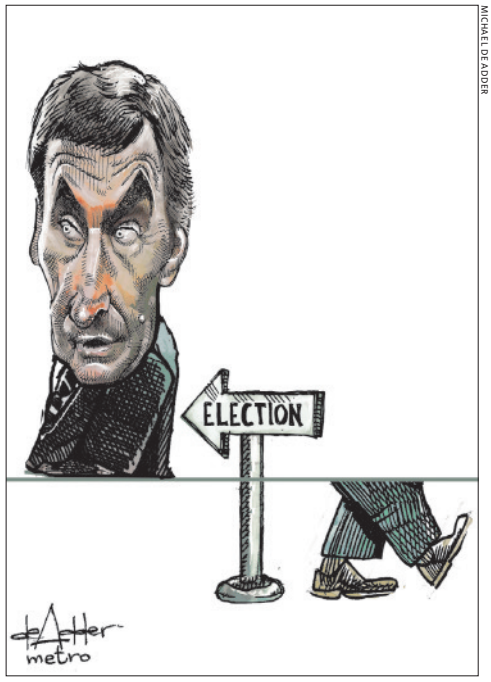
A Compas poll of business leaders in May reported that most of those surveyed thought the Canadian economy was inherently more stable than the U.S. economy and that we enjoy a strong, well-regulated financial system. Yes, there were valid complaints in the early stages of the recession that our banks were clamping down on credit. But unlike U.S. banks that went all-in with subprime lending, Canadian banks at least had money left to lend, which has begun to flow again.

It also helps that Canadian companies have been gradually weaning themselves off excessive reliance on the U.S. market. Admittedly, Canadian exporters still send two-thirds of all shipments to the U.S., but only six years ago it was closer to three-quarters.

And it isn't just Canadian banks that are cautious. Most companies tend to be fairly conservative, keeping their balance sheets relatively unencumbered by too much debt. Companies are getting better at workouts, doing restructurings with creditors to keep themselves going. They're also good at taking action when times get tough. As ugly as it sometimes seems, they know how to cut costs and, unfortunately, jobs, but it keeps them alive to grow another day.

In the real world, it's the Bob Cratchits who usually go under. Scrooges seldom do.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



MICHAEL DE ADDER

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It's Called Football
Declan Hill, author of The Fix, joins Ben Rycroft on It's Called Football to discuss match-fixing in MLS and around the globe. To watch the interview, visit **metronews.ca/blogs**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Swedes blanked

Canadians open with one-sided victory

Canada opened the Hockey Canada Cup with a 7-0 win over Sweden last night, following Finland's 3-2 upset of the United States.

The four-country tournament is a test event for the 2010 Olympic Games in Vancouver next February.

While all four teams will play Saturday's semifinal round before Sunday's medal games, the Finns gained some valuable confidence with a rare victory over the defending world champions.

They'd beaten the U.S. only once before — a 1-0 overtime win at the 2008 world championship in Harbin, China.

Canada didn't want to give Sweden any similar momentum. The Swedes beat Canada for the first time at last November's Four Nations Cup in Lake Placid, N.Y., with a 2-1 overtime decision.

The Canadians have never lost to Finland and face them today before meeting the U.S. on Thursday.

Those games can be viewed via webcast on Hockey Canada's website. Sunday's championship game will be carried by TSN on tape delay starting at midnight ET.

The Americans and Swedes square off today.

While it's early in Canada's preparation for the Olympics, the power play appeared in mid-season form Monday with three goals on four chances a player up.

Rebecca Johnston of Sudbury, Ont., and captain Hayley Wickenheiser of Shaunavon, Sask., each scored a pair of goals.

Montreal defender Catherine Ward, Gina Kingsbury of Rouyn-Noranda, Que., and Jayna Hefford of Kingston, Ont., also scored in front of an announced crowd of 2,335 at GM Place.

THE CANADIAN PRESS

41 saves

- Despite 41 saves and several acrobatic stops, Sweden's Kim Martin could not hold off the Canadians swarming her net.

U.S. Open **Wozniak advances**

JIM MCISAAC/GETTY IMAGES

Aleksandra Wozniak returns a shot against Laura Granville during day one of the U.S. Open in New York City yesterday. Wozniak advanced to the second round with a straight-sets win while fellow Canadian Peter Polansky flirted with the biggest win of his career before losing to Guillermo Garcia-Lopez.

Canucks close to Luongo deal

HOCKEY The Vancouver Canucks are close to signing all-star goaltender Roberto Luongo to a contract extension.

"Negotiations are on-going and we are confident we will reach an agreement before training camp," a Canuck official told The Canadian Press yesterday.

Luongo, 30, has one year remaining on his current four-year, US$27-million deal. He said last week during the Team Canada 2010 Olympic orientation camp he wanted a new deal in place before training camp opens Sept. 12.

Sportsnet.ca reported yesterday that a deal has been reached in principle, with only minor details left to be worked out.

THE CANADIAN PRESS

Sports in brief

HOCKEY The National Hockey League Players' executive board voted "overwhelmingly yesterday to relieve Paul Kelly of his duties as executive director, effective immediately."

BASEBALL Canada's 24-man roster for the IBAF Baseball World Cup was announced yesterday and includes 11 players from British Columbia. Brett Lawrie of Langley and Adam Loewen of Surrey highlight the roster. Canada starts the World Cup playing in Pool C Sept. 9 in Stockholm, Sweden.

BASEBALL Adam Lind and Rod Barajas each homered twice, with Lind's first career grand slam helping power Toronto to a big early lead before the Blue Jays held on for a 18-10 victory over the slipping Texas Rangers last night.

NFL Tedy Bruschi is retiring after a 13-year career marked by an inspiring return to the New England Patriots as a starting linebacker eight months after a stroke.

NBA Ricky Rubio's Spanish pro team has agreed to trade his rights to Regal FC Barcelona in a deal that will prevent the 18-year-old point guard from joining the Minnesota Timberwolves for two years, according to two Internet reports.

TRACK Canadian hurdler Perdita Felicien of Pickering, Ont., captured a silver medal in the 100-metre hurdles at the British Grand Prix yesterday in a time of 12.95 seconds. World champion Brigitte Foster-Hylton of Jamaica won gold in 12.88.

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Avion narrows second-quarter loss

Avion Gold Corp., a junior Toronto miner with operations in West Africa, says it narrowed its net loss in the second quarter to $0.7 million or nil per share from $0.8 million or three cents for the same period last year. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Recession finally over, or is it?

Politicians and economists are warning of tough times continuing despite data yesterday that signal Canada's recession ended in June and the current summer quarter will produce the first quarterly growth since last fall.

June's 0.1 per cent output gain was lower than expected, and other indicators suggest the economy is still not poised for the kind of bounce-back that would set champagne corks popping.

3% Merrill Lynch chief economist Sheryl King said the rebound could actually hit three per cent in the third quarter.

More worrisome, several economists said a double-dip slump was still a possibility next year once extraordinary U.S. government spending peters out.

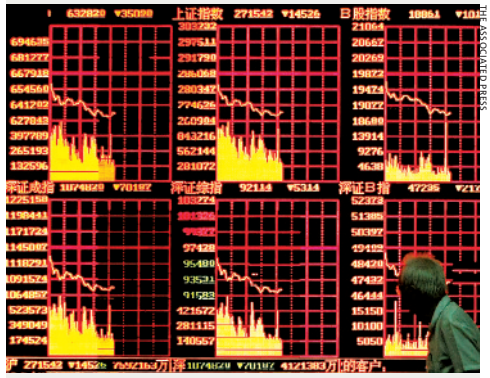
Technically, the recession will not be declared over until numbers on third-quarter activity are known later this year.

But economists say that is a formality since enough is known about how the economy fared in July and August to make growth in the third quarter a foregone conclusion.

Economists expect output to experience a spurt during this quarter, in part because the second quarter was weaker than expected, and in part because of the auto sector restart in July. But most agree growth will be sluggish the rest of this year and much of 2010.

THE CANADIAN PRESS

Shanghai surprise Index sinks



THE ASSOCIATED PRESS

An investor looks at indexes yesterday in Shanghai. China's main stock index sank 6.7 per cent on big selling of heavyweights triggered by renewed worries over potential liquidity tightening. The Shanghai Composite Index lost 192.94 points to 2,667.75.

Toyota Matrix in Woodstock: Sources

AUTOS Toyota will probably shift production of the Matrix crossover vehicle to Woodstock, Ont., from Cambridge, Ont., within the next year to make room to build more Corolla compacts in a move that should create several hundred jobs, sources say.

Toyota Motor Manufacturing Canada Inc. wouldn't confirm the move yesterday but sources familiar with the automaker's plans said the company will jack up output of the Corolla and Matrix in Cambridge starting next month in advance of the transfer.

After building extra inventory of the Matrix, Toyota will briefly stop its production, move tooling to the Woodstock plant about 50 kilometres away and then hire more full-time workers for that operation, the sources said.

The company's Japanese parent is closing a California assembly plant next March and shifting the compact's production to Cambridge.

TORSTAR NEWS SERVICE

Banker takes charge

REGULATOR Douglas Melville's first order of business as Canada's new banking ombudsman is to find "a creative way" to deal with the "perfect storm" hitting his office. The global recession has left the ombudsman for banking services and investments "absolutely buried" in new complaints, Melville said yesterday.

TORSTAR NEWS SERVICE

Business in brief

SOFTWARE Medworxx Solutions Inc. cut its second-quarter loss as revenues went over the $1-million mark for the first time since it started its business five years ago, the software maker said yesterday.

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Price check, please

AlisonOnMoney

You might wonder why anyone would buy a Toronto Blue Jays' pen as another lame duck baseball season ends. But sometimes need overwhelms good sense.

My 23-year-old daughter, who happens to be deaf, wanted to write a note to a companion during a recent and rare Jays' win. No one had a pen so she dashed to the concession.

Afterwards she noticed that she'd been charged $9 for the $3 pen. Fortunately, she easily got a refund. But if she had waited until after the game to check, it might have been, well, game over.

Now, think about all the receipts you acquire in a week. Do you read each one to ensure you were charged the right amount and received the correct change? Small mistakes can mount up to serious dollars over time.

Even with today's swipe systems, mistakes are made, particularly with sale prices and deals such as two-for-one or buy one get the second at 50 per cent off. A couple of months ago I took advantage of a clothing sale. The cashier missed one of the discounts when she entered them manually. The difference was $14, not chump change.

You should be especially vigilant in grocery stores or anywhere you might purchase multiple items. It is very easy to overlook an error among 20 or more different things.

I dislike the trend to bag your own and swipe your own purchases at checkouts because it is difficult to monitor prices at the same time. Think Saturday afternoon at the grocery store with a toddler in your arms and an impatient line up behind. Pressure!

I guarantee that mistakes are made in the course of your consumer life. So, follow these three steps to put money back in your pocket: Watch, Compare and Question. 1. Watch the checkout display. 2. Compare the charge or sales price to what you recall on the shelf or label. 3. Question anything you think is wrong.

Checking your receipts and doing a bit of mental math is a habit that will pay you back — literally.

Alison's Money Rule:

- Check your change and your receipts. Small transaction errors add up to big bucks lost.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Be especially vigilant of pricing in grocery stores.

Payday loans? Just say: No way

MoneyMatters

"Unfortunately, more than two million Canadians use the services of payday loans. It's a travesty that there are not alternatives that educate users to seek and obtain less costly financing."

Q Several months ago, I lost my job. My wife and I must have visited more than four banking institutions. They all turned us down for a temporary loan. Although my wife continues to work, her income is insufficient to qualify. Last week, she used a "payday loan" store to temporarily meet our short-term obligations. Why are there not other alternatives for families that are hurt by the recession?

— Corey and Jessica

A Contrary to belief, banks do not provide loans based on need but the ability of the individual to repay. In these tumultuous times, financial institutions must be prudent with lending. We have seen how lax lending practices have devastated the U.S. economy. Definitely not a practice Canadians want to copy.

Payday loans are lenders of last resort. These loans should not even be in your list of lenders that money can be obtained.

Unfortunately, more than two million Canadians disagree and use the services of payday loans. It's a travesty that there are not alternatives that educate users to seek and obtain less costly financing. The average income of users is between $35,000 to $41,000.

A payday loan is a small principal, unsecured loan made to a borrower with a guarantee of repayment in a short period of time, such as ten days or two weeks. It is attractive to some because no credit checks are performed, and the amount borrowed is generally small in nature, approximately $300.

Recent provincial legislations were passed to toughen the rules for payday loan providers, introduce a cooling off period and limit the fees charged. For example, in Ontario, maximum fee charged on $100 is $21. In comparison, the fee limit is $23 in Alberta and British Columbia. Once you start on this cycle, it is very difficult to get off.

Exhaust these methods to obtain your loans:

- Refinance mortgage — some banks offer deferral of mortgage payments
- Line of credit
- Second mortgage
- Consolidate loans
- Other financial institutions beside banks
- Family, friends, neighbours (swallow some pride)
- Liquidate assets such as furnishings and stocks, etc.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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By the numbers

According to a recent survey by RBC, 48 per cent of returning post-secondary students like being responsible for their own finances. NEWS CANADA

Student ¢ents

Hidden fees

Will you live within walking distance of your college or university? If not, expect to add $100 per month to your budget for public transportation. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

The key to credit

RAFAEL BRUSILOW
for Metro Canada

Building and protecting a good credit history may not be on your course list this semester, but it should definitely be a part of your educational plan.

Good credit can be crucial not only to buying a home or car in the future, but also for things like renting an apartment, starting a cellphone plan or getting good rates on things like loans or insurance.

Having and using a credit card can be a good way to build a good credit history but only if you don't abuse the privilege. Building a strong credit rating begins, ironically perhaps, with making sure you only use money you actually have and pay it back when asked.

"The number one thing you want to do is pay your bills on time," said David Malamed, a forensic accountant at Grant Thornton.

Missed payments can ruin your rating quickly and consistently maxing out your cards also lowers your scores, so be responsible.

Getting a free T-shirt or coffee mug just for signing up for an extra credit card might seem like a win-win situation, but be wary of annual fees or extremely high interest rates, sometimes in the vicinity of 29 per cent or even higher. Read the fine print before you sign anything and really consider how many cards you need — after all, you really don't want to be charging more to credit cards than you can actually pay back anyways. If your wallet ever gets stolen, more cards will mean more trouble and more risk of fraud for you.

Once you've started building your good credit, you need to protect it. Malamed says fraud is one of the most common ways good credit can go bad and vigilance is often the best protection.

"Religiously check your credit card and bank statements and investigate them — that's really your first step into avoiding a risk of fraud," Malamed said.

Look for anomalies like strange payments for things you didn't buy or double-billing on single items and speak with your credit provider right away if you see something unusual.

Never respond to solicitations for credit cards over the phone as you can't be sure who the person on the other end is. The personal information you give away could potentially lead to identity theft and, in a worst-case scenario, Malamed says a scammer could use your personal information to call up a credit provider, pretend to be you, open new credit cards under your identity and wreak havoc upon your credit rating by racking up debt.

"It can be an enormous headache and a lot of hours and stress you didn't ask for to deal with it," Malamed said.

Malamed recommends checking your credit score every six months to a year to make sure what lenders are saying about you matches your credit activities, and to spot potential mistakes or fraud.

Popular credit-report service providers include Equifax (econsumer.equifax.ca) and TransUnion (transunion.ca).

Using a credit card can be a good way to build a good credit history — if you don't abuse it.

Manage finances

- **Create a financial plan.** Decide how you will allocate your money among books and supplies, food, clothing, entertainment and other items, set a plan and stick to it.
- **Make it monthly.** A monthly financial budget plan is a good choice — weekly may be too difficult to manage and longer periods than a month could cause you to fall too far from your plan.
- **Keep track.** Set up a budget sheet, set your plan and keep track of everything.
- **Time your spending.** A good approach is to try to time your spending — be a bit frugal early in your budget period (for example, in the first couple of weeks). Plan your nights out for later in the budget period.
- **Don't skimp on nutrition.** Don't sacrifice good nutrition to save a few dollars. You will be better off with healthier foods that cost a little more.
- **Work together.** Pot luck and co-op dinners with friends are a great way to save money, try new types and styles of foods, and take a needed break from studies.
- **Remember: Budgeting isn't easy.** If your plan is starting to slip, don't be shy — talk to your parents and tell them where you stand. Catching problems early and dealing with them is always the right thing to do!

– BY PROF. ERIC KIRZNER, ROTMAN SCHOOL OF MANAGEMENT, U OF T

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Behavioural problems

Aggressive school-age children show early signs: Study

CELIA MILNE
For Metro Canada

September is back-to-school month, and here's some food for thought: If your school-age child is very aggressive and defiant, chances are this behaviour started much earlier.

"These problems did not develop overnight," says Dr. Raymond Baillargeon, assistant professor at the University of Ottawa, who is conducting a long-term study of children's behaviour. "We spend a lot of resources on children who have behavioural problems at school, but it's a bit late. We can see these problems coming way before."

As part of the Quebec Longitudinal Study of Child Development, Baillargeon is following 2,000 children who were born in 1998. He has found that the same problems that are apparent at 17 months are still there at 29 months and 41 months. "It is almost certain these problems are still there at 53 months, when the child is entering school." Troubling behaviours include biting, kicking, attacking, being defiant, being restless, hyperactivity and not feeling guilty after misbehaving — especially if the child exhibits these on a frequent basis. Part of the study is to ask parents if children have certain behaviours either never, sometimes or often.

According to a recent study, about five per cent of school-age boys are physically aggressive, versus only one per cent of girls.

About five per cent of boys are physically aggressive, versus only one per cent of girls, says Baillargeon. Oppositional defiance (where punishment doesn't change behaviour) occurs equally between genders — 10 per cent of girls and boys. "These problems will have a whole range of negative impacts — on the school, and on relationships with parents, with friends and with teachers. It will snowball from there. This behaviour is chronic over time."

These behaviour problems are often brought to light when children are disruptive in the school system, says Baillargeon. That's when they are first diagnosed and treated. But the harbingers arrive much earlier. If your toddler is frequently attacking other children or is out of control, you should get help because otherwise this aggressive behaviour is very likely to continue into school age. "What they are doing before two years has a long-lasting impact on how they act afterward," says Baillargeon. "The steering wheel is moving in one direction or another."

He suggests parents of regularly aggressive or defiant toddlers mention the behaviour to their paediatrician. "With the proper help, these problems can definintely be prevented," says Baillargeon. "We should do whatever is in our means to prevent that from happening when children start school."

Moving on can be the best revenge

The J Spot
Josey Vogels
metronews.ca/thejspot

When you get burned by love, revenge often feels like the best, well, revenge.

But, while gathering the contents of your ex's closet into the middle of the kitchen floor and dumping the entire contents of the fridge on them may feel cathartic (yes, a friend of mine actually did this), it's a bit — okay, a lot — childish.

Re-Vamped premieres Sunday on Slice

The eight women in Re-Vamped, a new series premiering this Sunday on the SLICE Network, are after a more healthy, satisfying and long-lasting type of revenge — self-empowerment. Oh, and the joy of making your ex crazy when he sees you've learned to become a smokin' burlesque dancer, of course.

Each woman in Re-Vamped has her own relationship horror story: one was dumped on her birthday for her best friend (and cousin); another was rejected by her long-term boyfriend via email while battling cancer. Yet another's 21-year relationship came to a halt when she discovered that her partner was being unfaithful. Ouch.

Given this, these women are above indulging in a little petty ex-bashing, but the main focus of the six weeks in "Camp ReVamp" is to help these women rebuild their lives, their self-esteem and to get back their dating mojo.

I had the pleasure of helping these women with that last bit as a guest expert on episode six in which I coach the women through a speed-dating event and help them polish up their rusty dating skills. Nothing like eight mini-dates during the course of an hour under the watchful eye of me, the camera and entire film crew to whip you back into dating shape.

The series ends with the women putting on a burlesque show for friends and family and, yes, even some exes. Hey, what good is all that work if you can't rub it in his face a little? But, most importantly, Camp ReVamp shows that, while this kind of momentary revenge can be sweet, getting your life together and moving on is much, much sweeter. Re-Vamped premieres Sept. 6 on Slice. Yours truly appears in the Oct. 11 episode.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Baby goes green

NEW PRODUCT Looking for baby products that are clean and green? The All-Canadian Live Clean line of eco-friendly beauty products now includes something for the littlest member of your household: your baby.

Live Clean Baby includes tearless baby shampoo, diaper ointment, baby wash and non-petroleum jelly (from $4.99 to $6.99).

Live Clean products are free of chemical nasties sodium lauryl sulphate (SLS), Diethanolamine (DEA) and parabens, which are commonly used in moisturizers and shampoos. They are made from at least 96 per cent plant ingredients.

Live Clean Baby is available across Canada at many large grocery and drug-store chains, including Loblaws, Wal-Mart and Pharma Plus.

CELIA MILNE/FOR METRO CANADA

Left to right: Live Clean Baby non-petroleum jelly, diaper ointment and tearless shampoo and wash. All $6.99 each.

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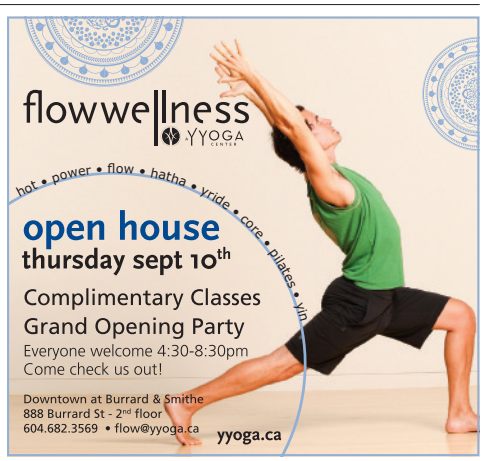

Rambo suiting up again

John Rambo is gearing up for his fifth mission. Sylvester Stallone will star and once again resume directing duties in the followup to his 2008 film Rambo. According to variety.com the plot will revolve around human traffickers and drugs near the U.S.-Mexico border. **ANANOVA.COM**

Entertainment

Queen Idol

Queen Latifah has dismissed reports she'll be Paula Abdul's permanent replacement on American Idol, but reveals she has signed on to be a guest judge on the hit TV show. **FEMALEFIRST.CO.UK**

EDITOR: DEAN.LISK@METRONEWS.CA

Big night for Daytime Emmys

Future of television a hot topic on red carpet at award show

It was pushing 37 C as nominees made their way down the red carpet before entering the restored — and gloriously air-conditioned — Orpheum Theatre in Los Angeles for the 36th annual Emmy Awards.

"I feel like a roast chicken," noted a glistening Emily O'Brien, nominee as outstanding younger actress in a drama series for The Young and the Restless. "This is like an oven," she said. "I'm almost done."

A bit of heat is one thing daytime television's longtime mainstay, the soap opera, could use these days. Overall viewership has been declining and CBS' Guiding Light leaves the airwaves in mid-September after 72 years of production, first on radio, then on TV.

The future of daytime television was on the minds of many attendees. "Daytime television has been evolving," observed Canadian ex-pat Alex Trebek, who was nominated as outstanding game show host for Jeopardy! "Talk shows are still great ... I look around here and I see Dr. Phil is here, Montel (Williams) is here and Ellen (DeGeneres) is going to be here. These are all very successful daytime talk shows."

Those include The Tyra Banks Show, which took home the Emmy for outstanding talk show — informative for the second year in a row. "You've got to move and I've totally redone my show from skin and guts — how it looks, feels all the way down to content, because of the changing generation," Banks said.

Soap-opera veteran Susan Lucci said fans shouldn't take the cancellation of Guiding Light as a sign the entire daytime-drama genre is in trouble. "I think it's like nighttime TV. Just because one show gets cancelled doesn't mean nighttime TV is out the window. But ABC is showing a huge vote of confidence by moving (the New York-based) All My Children to L.A., they wanted to expand not contract. So I think our situation is a very, very positive one."

The carpet was crammed with actors from Guiding Light, who gathered for a telecast tribute to their show. But veteran Light actor Robert Newman said he's heard nothing. "And, you know, I'm going to be moving forward with my life and career as if it is over," he added. "If something happens, that's fantastic and I'll deal with that when it comes along. But it has been a lot of years, and maybe sometimes things just have to move on."

The last episode of Guiding Light airs Sept. 18 on CBS. **THE ASSOCIATED PRESS**

MATT SAYLES/THE ASSOCIATED PRESS

Rachael Ray holds the Emmy Award for outstanding talk show entertainment backstage at the Daytime Emmy Awards.

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Smells like Kardashian

Looks like next spring there will be another star to compete within the celebrity fragrance arena. Kim Kardashian has just announced that she will be launching her first signature scent through Lighthouse Beauty. PEOPLE.COM

DVD picks

State of Play

Director: Kevin MacDonald

A THRILLER about righteous newspaper reporters seems boldly nostalgic in 2009, but it's a "B" movie with an "A" cast furiously pounding the pavement.

Director Kevin Macdonald (The Last King of Scotland) and his committee of screenwriters have, like newsroom rewrite aces, boiled down the essentials from a lauded BBC miniseries of the same name, shifting locales from London to Washington, D.C.

Russell Crowe is rumpled and cynical Cal McAffrey, scribbler for the fictional Washington Globe. He has no use for the Internet, especially when his cost-conscious editor (Helen Mirren) compares him unfavourably to pert new Globe blogger Della Frye (Rachel McAdams).

Cal and Della, of course, end up working together, connecting the dots of a case that begins with the apparently random shooting of two strangers in an alleyway and the accidental subway death (or was it?) of a politically connected woman.

Extras include deleted scenes and a making-of featurette.

Hunger

Director: Greg Mottola

AN EMOTIONAL and artistic take on the 1981 Irish prison hunger strike led by IRA militant Bobby Sands, Hunger fully engages the senses, metaphorically if not literally.

So powerful are the images of blood and bodily waste, viewed here as symbols both of martyrdom and defiance, that you can almost smell and taste them, too.

This is savage poetry, where smeared feces become op art in the eye of director Steve McQueen and the camera lens of cinematographer Sean Bobbitt.

Peter Howell/for Metro Canada

Superpower to the third

Heroes star talks about much-maligned season

IAN JOHNSTON
for Metro Canada

If there was one positive in Heroes' much-criticized third season, it had to be the transformation of character Ando Masahashi from sidekick to superhero.

"He (Ando) really grew during the season. He was able to get a power-shooting lasers out of my hands," says actor James Kyson Lee, who plays Ando on the popular fantasy series.

"My best friend (the time and space travelling Hiro) reverted to a 10-year-old and Ando had to take charge. That's sort of a theme running in the show — who is in charge and who is the sidekick?"

Lee was in Toronto last week to promote today's DVD release of Heroes' third season, and as a guest at the hugely popular Fan Expo Canada, which took place last weekend.

James Kyson Lee, of Heroes, was in Toronto last week to promote the DVD release of the show's third season.

He says loyal viewers had always identified with the human Ando's no-nonsense approach to all the sci-fi mayhem.

"When the show started, the audience really viewed Ando as one of their own. He asked the questions that we would ask as viewers. In the first year, I had a lot of lines like 'Where are they?' and 'What's happening?', says Lee.

"I'm glad I got powers later because we got to flesh him out as a human being first."

Lee feels the third season — which saw the show lose a good portion of its loyal audience — ended on a positive note with the return of writer/executive producer Bryan Fuller. He says he thinks the series is in a good place going into season four.

"I think because we start so strong there was a lot of pressure to meet fan expectations," says Lee. "In a strange sense, we're underdogs now."

As for the fourth season — dubbed Redemption — Lee says Ando and Hiro will be setting up a business. One suspects it won't be a hardware store.

"It's going to propel us into some really odd adventures," he says.

"I'm also going to be linked with someone unexpected. So I think that will be a nice surprise for the audience."

Mickey's got a hold on Spidey

DEAL The Walt Disney Co. is buying Marvel Entertainment Inc. for $4 billion in cash and stock, bringing such characters as Iron Man and Spider-Man into the family of Mickey Mouse and WALL-E.

Under the deal, which was announced yesterday and is expected to close by the end of the year, Disney will acquire the rights to 5,000 Marvel characters. Many of them, including the Fantastic Four and the X-Men, were co-created by the comic book legend Stan Lee.

Disney CEO Robert Iger said Marvel's comic books, TV shows, movies and video games amounted to "a treasure trove of content."

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

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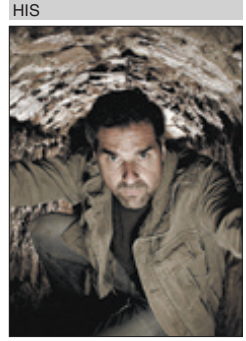
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Zero Tolerance"		90210 (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Legend" (CC)		(:01) Big Brother 11 (N) (CC)		NCIS "Legend" (CC)		KIRO News
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent (CC)		America's Got Talent First 10 acts from the top 20 perform.				KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Style by Jury	Style by Jury	Style by Jury	How to Look Good Naked		Naked Beauty
	288	380	24 ABC	Wheel-Fortune	Jeopardy!	Crash Course (CC)		Shaq Vs. (N) (CC)		(:01) Primetime: The Outsiders		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	Scenes of the Crime ★★★ (2001, Suspense) Jeff Bridges.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Conver-KCTS	Nova (CC) (DVS)		Nova scienceNOW		P.O.V. (N) (CC)		The Short List
	290	382	23 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen (N) (PA) (CC)		More to Love (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	26 PBS	The History Project		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	30 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Zero Tolerance"		90210 (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	33 WGN	MLB Baseball: Astros at Cubs		WGN News	90210 "Zero Tolerance"		90210 (CC)		Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	46 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	29 NW	Saving Luna (CC)		CBC News: The National (N)		CBC News: The National		Saving Luna (CC)		National
	500	500	38 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball		Sportsnet Connected (Live)		Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	20 TSN	Tennis: U.S. Open		SportsCentre (Live) (CC)		World Poker Tour				SportsCentre
	411	457	39 OLN	Ghost Hunters (CC)		Dog the Bounty Hunter (CC)		Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	24 SCR	Score Now		Score Now		Score Now		Score Now		Final Score
	417	406	25 SC	Jacked!	Jacked!	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!
	416	409	144 GLF	Fútbol Alemán		Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	48 YTV	Drake & Josh	Prank Patrol	The Penguins	Malcolm-Mid.	Family Biz	Prank Patrol	Falcon Beach "Wake Jam"		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Big Comfy	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Ultimate Factories "Ferrari"		Private Life of a Masterpiece		Ungrateful Dead		Moscow
	575	583	60 CMT	Hope & Faith	Hope & Faith	Rascal Flatts: Melt		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	MuchNews	Video on Trial	One Tree Hill (CC)		Starmaker		MuchNewsWk	Love Court	Spotlight
	600	564	43 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Genevieve	HGTV's Top	Dirty Business	House
	615	520	61 A&E	The Cleaner "Standing Eight"		The Cleaner "Standing Eight"		The First 48 "Killing Spree"		The First 48 (CC)		The Cleaner
	628	584	62 SPKE	Surviving Disaster "Hijack"		Surviving Disaster "Hijack"		CSI: Crime Scene Invstgtn.		Surviving Disaster "Hijack"		Disorderly
	521	560	64 TLC	Masters of Reception (N)		18 Kids-Count	18 Kids-Count	Masters of Reception (CC)		Jon & Kate Plus 8 (CC)		Ultimate Cake
	616	522	65 SHO	The Outer Limits (CC)		Termination Point (2007, Suspense) Jason Priestley. (CC)				Bones "The Man in the SUV"		NCIS (CC)
	620	523	70 BVO	(6:00) Bowfire (CC)		Law & Order (CC)		Without a Trace (CC)		My Summer of Love ★★★ (2004) (CC)		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	72 DIS	After the Catch (N)		Daily Planet (CC)		Destroyed	Destroyed	After the Catch		How It's Made
	522	506	74 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Cities of the Underworld (N)		Ultimate Engineering (CC)		Crime Stories
	627	528	75 SPC	Ghost Hunters (CC)		Stargate SG-1 "Uninvited"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	57 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	Sex and-City	Boat Trip ★ (2003) Cuba Gooding Jr. (CC)		
	619	525	58 TROP	'70s Show	'70s Show	The Outer Limits (CC)		ET Canada	Switch (CC)	Family Guy	'70s Show	'70s Show
	603	561	82 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	Hell's Kitchen (CC)		Good Eats
	626	547	67 COM	Air Farce	22 Minutes	22 Minutes	Comedy Now	The Simpsons	South Park	House Party	Comedy Inc.	Bill Engvall
	320	621	80 CEN	(6:10) The Cradle (2007) (CC)		Flawless ★★ (2007) Michael Caine, Demi Moore. (CC)				Run Fat Boy Run ★★ (2007) Simon Pegg.		
	581	566	101 MTV	Daddy's Girls	House-Jazmin	MTV Live	After	Jazmin	Daddy's Girls	Daddy's Girls	House-Jazmin	MTV Live
	261	394	102 V	Medicine	I Prophesy	Poltergeist: The Legacy		Barton Fink ★★★ (1991, Drama) John Turturro, John Goodman. (CC)				
	-	-	105 MUL	Banquet	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Cities of the Underworld

No, it doesn't mean a trip to Hades or cities frequented by mobsters. In places that have been around for a while, there are layers of civilization. In this series, which begins a new season tonight, structures built underground are examined — including dungeons, tombs, hideouts and shipwrecks. Beyond just locating them, this doc also takes a look at the engineering involved in building one city on top of another. Don Wildman hosts. 9 PM on HIS



The Cleaner

At the behest of an attorney, William (Benjamin Bratt) tries to help a champion boxer with an alcohol problem get clean in time for a big match, but William and his team discover that the boxer's wife has a bigger addiction problem than he does. Unfortunately, the fighter threatens to punch William's lights out if he goes near his wife. Henry Simmons and Paola Turbay guest star in the new episode "Standing Eight." 7 PM on A&E

The Hills population shrinks

The Hills is losing another resident: Audrina Patridge. "I'm almost done with The Hills. We're in the middle of finishing these episodes, and I'll be leaving then," usmagazine.com quotes her as saying. METRO NEWS SERVICES

Celebrity Buzz

I still love Rihanna: Chris

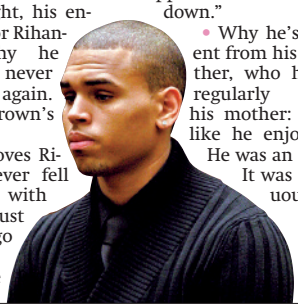
OPENING UP It's been six months since the Grammy Awards weekend when Chris Brown and Rihanna got into a late-night fight that left Rihanna bruised and bloodied and her R&B star boyfriend surrendering to Los Angeles police, people.com reports.

Since then, Brown, 20, has pleaded guilty to felony assault and was sentenced last week to five years' probation.

And now, he is ready to speak: On Aug. 26, the musician sat down with People for his first interview and — as his mother Joyce Hawkins, a victim of domestic abuse herself, sat nearby — opened up about his shame over that "terrible" night, his enduring love for Rihanna and why he swears he'll never hit a woman again.

Among Brown's revelations:

- He still loves Rihanna: "I never fell out of love with her. That just wouldn't go away."
- How he felt right after the assault: "I was distraught ... I went to my mom on the same night and told (her) what happened and broke down."
- Why he's different from his stepfather, who he says regularly abused his mother: "I feel like he enjoyed it. He was an abuser. It was continuous."



METRO NEWS SERVICES

DJ AM's last hours revealed

LAST MOMENTS The pieces are still being put together to identify the cause of Adam (DJ AM) Goldstein's death, but a police source tells People that on Friday, Aug. 28 — the day he was later discovered dead in his Manhattan apartment — the celebrity DJ had sent his last text message to two friends at 1 a.m.

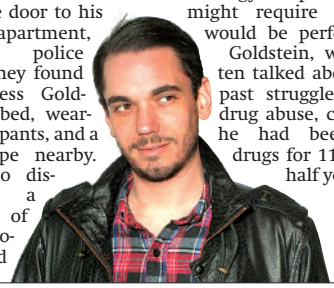
People.com reports the subject of his message was his scheduled Las Vegas gig that very Friday night at the Rain Nightclub in the Palms Hotel — but he never made it.

Sixteen hours after Goldstein texted, a friend called 911 because Goldstein had failed to answer his cellphone and, when it was time for him to leave for his flight, his two travelling companions could not reach him.

After the NYPD broke down the door to his SoHo apartment, says a police source, they found the lifeless Goldstein in bed, wearing sweatpants, and a crack pipe nearby. They also discovered a half bag of crack cocaine and prescription drugs.

On Saturday, the New York City Medical Examiners office announced that after an initial autopsy proved "inconclusive," more tests, including a toxicology report that might require weeks, would be performed.

Goldstein, who often talked about his past struggles with drug abuse, claimed he had been off drugs for 11 and a half years.



METRO NEWS SERVICES

Celebrity tweets

Jamie Kennedy doesn't know how to deal with people hitting on Jennifer Love-Hewitt, Paris Hilton hits the Strip in mourning, Ashton Kutcher tastes international flavours, and Selena Gomez shows some healthy curiosity.

- @jamiekennedy wtf???? some guy says to my girl last night she's his celebrity exception. Thats nice but what am i supposed to do, say go to the bathroom?
- @parishilton Vegas isn't the same without DJ AM spinning on the decks. He was such an incredible DJ, he was a musical genius. I miss him so much :(
- @aplusk There's a German in my kitchen making strudel.
- @selenagomez I wonder what 'Dirty Little Secret' by All American Rejects is about? .... I should ask them.

METRO WORLD NEWS

Elton can't remember his lyrics?

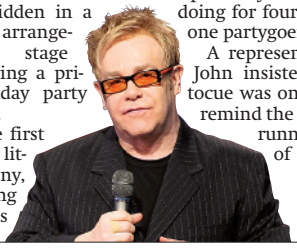
ABSENT-MINDED Elton John can't seem to remember the words to his 1970 hit Your Song despite singing it for 39 years, ananova.com reports.

The superstar had an autocue hidden in a flower arrangement on stage while playing a private birthday party in Monaco.

Even the first line, "It's a little bit funny, this feeling inside," was on a teleprompter as he played the gig at the Hotel de Paris.

"Most fans could sing Your Song in their sleep so it's funny Elton needed help with lyrics he's been doing for four decades," one partygoer said.

A representative for John insisted the autocue was only used to remind the star of the running order of the show.



METRO NEWS SERVICES

No surgery for me, says Demi

RUMOUR MILL Demi Moore denies that she's ever had plastic surgery — not that there's anything wrong with it. The 46-year-old was rumoured to have spent $300,000 US on a makeover in 2004.

"I don't like the idea of having an operation to hold up the aging process — it's a way to combat your neurosis. The scalpel won't make you happy," she told France's Marie Claire.

"That said, the day when I start crying when I look at myself in the mirror might be the day when I'm less adamant about not having it done."

METRO NEWS SERVICES

Macaulay father to Blanket?

BIZARRO Since Michael Jackson's death, there's been a swirl of gossip around the paternity of his children. Often, it's just he-said, she-said, but popeater.com is reporting a British paper suggests Macaulay Culkin may be the father of one of Jackson's kids.

The Sun, citing very unnamed and unverified sources, claims that actor Culkin may be the father of Jackson's son Prince Michael II, a.k.a. Blanket. Culkin, now 29, is said to have donated sperm to create seven-year-old Blanket.

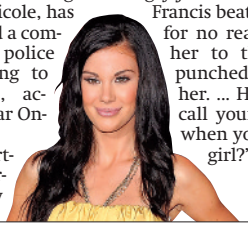
Culkin has not released a statement, but popeater.com calls the claim "ridiculous."

METRO NEWS SERVICES

Jayde to press charges in fight?

REPERCUSSIONS Girls Gone Wild creator Joe Francis may be in trouble after his fight with reality TV star Brody Jenner. Jenner's girlfriend, Jayde Nicole, has reportedly filed a complaint with police and is planning to press charges, according to Radar Online.

Francis reportedly left the former Playboy Playmate of the Year with a bruised cheek, a swollen face, a bruised left rib and a sore lower abdomen. An angry Jenner tweeted: "Joe Francis beat up my lady for no reason! Pulled her to the ground, punched and kicked her. ... How can you call yourself a man when you beat up a girl?"



METRO WORLD NEWS

Heidi's got baby on the brain

FIRST COMES LOVE... Heidi Montag is reportedly prepared to reproduce, but her husband, Spencer Pratt, is not quite ready for fatherhood, according to his sister, Stephanie Pratt.

"Heidi is the one with the baby fever," Pratt told MTV News. "Basically, Heidi got married; (then) she's like, 'Oh my God, what do I do?' I really feel like she went to a bookstore and saw Newlyweds: The Wife's Edition, and so now she's like, 'I still want to get a house with a white picket fence ... and then probably a dog, and then we'll move on to kids. And I want to take cooking lessons.'"

GETTY IMAGES

METRO WORLD NEWS

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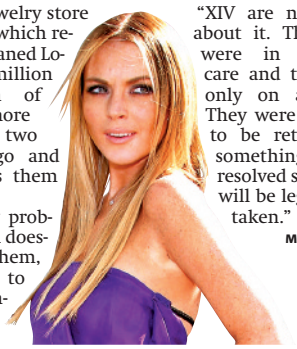
More jewels vanish under LiLo's watch

TROUBLE SEEMS TO HAVE A WAY OF FINDING HER Lindsay Lohan is in trouble once again, this time with Beverly Hill jewelry store XIV Karat, which reportedly loaned Lohan $2 million US worth of jewels more than two months ago and now wants them back.

The only problem? Lohan doesn't have them, according to Radar Online.

"Lindsay claimed that they had been stolen from her safe. They've disappeared," a source said.

"XIV are not happy about it. The jewels were in Lindsay's care and they were only on a loaner. They were expected to be returned. If something is not resolved soon there will be legal action taken."



METRO WORLD NEWS

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Today Sunny 22°/ 14°
Wednesday Sunny 22° / 14°
Thursday Rain 60% 20°/ 12°
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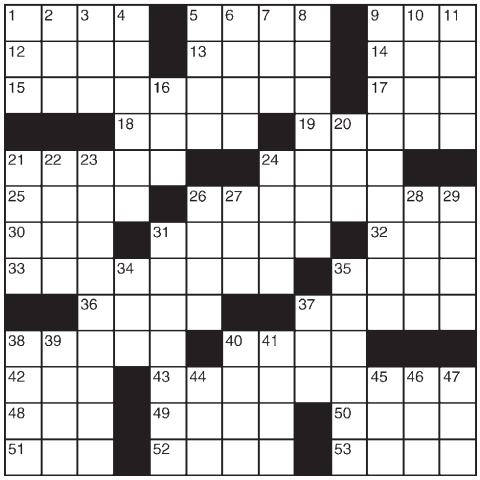
Take Five



ACROSS

1 Antelope's playmate
5 Stinging insect
9 Police officer
12 Leer at
13 Cake topper
14 Sapporo sash
15 Group with a job
17 Swab the decks
18 Picnic invaders
19 Hamstrings
21 Doesn't have
24 Staffer
25 Lotion additive
26 Non-noble
30 Doctrine
31 Lions' prides
32 Spy novel org.
33 Subway patron
35 Actress Gilpin
36 Lhasa —
37 Burdened
38 Mold and mildew
40 Yoked team
42 Moreover
43 Town
48 Altar affirmative
49 Neighbourhood
50 A Great Lake
51 Angeles preceder
52 Eye part
53 Lairs

DOWN

1 "What's up, —?"
2 Id counterpart
3 Shady tree
4 Unoriginal movie?
5 Skater Katarina
6 Performances
7 Witness
8 Earlier bouts
9 Began
10 Reed instrument
11 Gladys Knight's backup
16 — and outs
20 Commotion
21 Secular
22 As well
23 Shock troops
24 U.S.
26 Censor of old Rome
27 Inseparable
28 Green land
29 Reason for a tarp
31 Rodgers & Hammerstein creation
34 Gasoline stat
35 Gave a bad review to
37 Romanian money
38 Go belly up
39 Destroy
40 Portent
41 Opening day?
44 Raw rock
45 Anger
46 Sardine container
47 "Absolutely"

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4		6		5	9			8
	5		4					1
	8		7				3	
2							9	
		4	6		2	3		
	3							6
	2				7		4	
5					1		8	
8			2	6		1		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	A	B	A	■	L	O	S	■	A	M	I	D		
A	B	U	N	D	A	N	T	■	S	I	R	E		
H	A	N	G	O	V	E	R	■	I	C	O	N		
■	■	■	L	E	A	■	A	S	M	A	N	Y		
U	L	C	E	R	■	T	I	T	O	■	■	■		
P	A	I	R	■	R	U	N	O	V	E	R	■		
S	P	A	■	R	E	N	E	W	■	D	A	Y		
■	P	O	P	O	V	E	R	■	D	A	Z	E		
■	■	■	L	I	A	R	■	G	A	M	E	S		
E	M	B	A	L	M	■	A	U	K	■	■	■		
V	A	R	Y	■	P	U	L	L	O	V	E	R		
E	S	A	U	■	E	R	U	P	T	I	O	N		
S	T	E	P	■	D	I	M	■	A	N	N	A		

3	5	6	1	2	9	4	7	8
1	4	7	8	3	6	2	5	9
8	2	9	7	4	5	6	3	1
9	7	2	3	8	4	5	1	6
6	1	3	9	5	7	8	2	4
5	8	4	6	1	2	7	9	3
7	6	5	4	9	3	1	8	2
2	3	1	5	6	8	9	4	7
4	9	8	2	7	1	3	6	5

On the web

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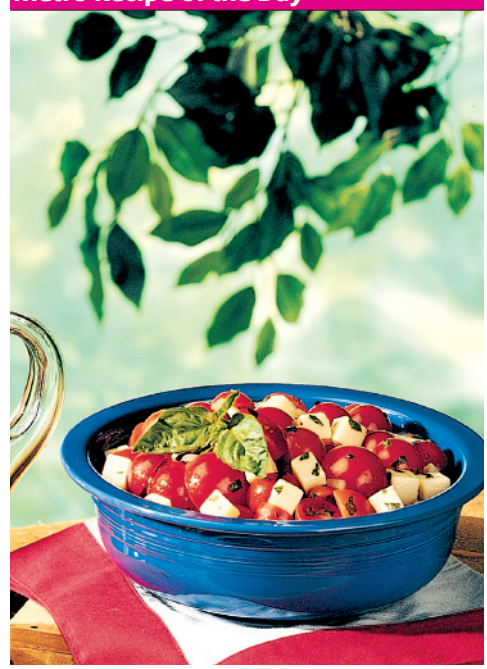
Metro Recipe of the Day



Tomato Mozzarella Salad

INGREDIENTS:

1/4 cup (50 ml) red wine vinegar
1 garlic clove, minced
1/2 tsp (2 ml) salt
Pepper to taste
2/3 cup (150 ml) olive oil
1 basket cherry tomatoes, halved
1-1/2 cups (375 ml) cubed mozzarella cheese
1/4 cup (50 ml) chopped onion
3 tbsp (45 ml) minced fresh basil

METHOD:

1. In small bowl, combine vinegar, garlic, salt and pepper. Whisk in oil until well blended. Add remaining ingredients; toss to coat.
2. Cover and refrigerate 1 hour, stirring occasionally. Remove with slotted spoon to serving dish.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
No matter how much you want to believe someone is being honest with you the planets warn that may not be the case. Don't take too much on trust.

TAURUS ♉
APRIL 21-MAY 21
You may find it hard to be reasonable today, especially if someone you have to deal with is clearly dragging their feet. But don't lose your cool.

GEMINI ♊
MAY 22-JUNE 21
Someone you are working with may try to take liberties today and you won't be amused. Bide your time and don't hit back, at least not immediately.

CANCER ♋
JUNE 22-JULY 22
If you allow yourself to get worked up about something that's not important today you may miss out on something important later in the week.

LEO ♌
JULY 23-AUG 23
You will leave no one in doubt about where you stand on the issues of the day. It's okay to be forceful but don't try to impose your views on other people.

VIRGO ♍
AUG 24-SEPT 22
You should know by now that letting others in on what you are thinking is not always a good idea. Some things are best kept to yourself.

LIBRA ♎
SEPT 23-OCT 23
There's lots of pressure on you and it's likely to continue until the end of the month. But in a way that's good because it will force you to toughen up.

SCORPIO ♏
OCT 24-NOV 22
Someone you're close to needs to be reminded they can't always have things their way. Tell them plainly what may happen today, and why it's no big deal.

SAGITTARIUS ♐
NOV 23-DEC 21
Pluto in your sign is giving you big ideas, but with mind planet Mercury strong as well some of those ideas may be a bit too big to do anything with.

CAPRICORN ♑
DEC 22-JAN 20
Focus on positive things today: If you allow negative thoughts to influence you it may be hard to get rid of them. Don't let fear get a hold.

AQUARIUS ♒
JAN 21-FEB 18
If you encounter hostility from a friend or a colleague today you would be wise to back off. Is there a principle at stake? No, so don't make an issue of it.

PISCES ♓
FEB 19-MARCH 20
Other people's opinions may drive you crazy but you won't change them by pointing out how stupid they are. Listen to what they have to say.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. One who illegally takes a fall faller (1)
2. Approaches singer Britney (1)
3. Show disdain for smut mags (1)
4. Small-minded oil baron John Paul (2)
5. Latter-day Saint entrance attendant (2)
6. Yellowbelly took a bath alternative (2)
7. Pleasure-sailing bad-winner behavior (2)

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ANSWERS
1. LEAF THIEF 2. NEARS SPEARS 3. SCORN PORN 4. PETTY GETTY 5. MORMON DOORMAN 6. COWARD SHOWERED 7. BOATING GLOATING

9-1-09

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Drop off: Oakridge, Dunbar, Renfrew Branches (library hours)
Central Library (delivery bay off Hamilton near Georgia)
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All Seasons Paris Gare Est • 3★
Breakfast
Standard rm.
Oct. 1, 4, 7, 15, 16, 23 & 29 • 3 nts.
$767
Taxes & fees: $422

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Canto del Sol Plaza Vallarta • 3 1/2★
All-Inclusive • Standard rm.
Nov. 7 - 28 • 1 wk.
$799
Taxes & fees: $265

Cancun / Riviera Maya
Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
Nov. 14 • 1 wk.
$949
Taxes & fees: $258

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Nov. 14 • 1 wk.
$1049
Taxes & fees: $258

Los Cabos
Barceló Los Cabos • 5★
All-Inclusive • Junior suite
Jan. 3, 10 & 17 • 1 wk.
$1199
Taxes & fees: $268

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Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Sept. 6 - 27 • 1 wk.
$839
Taxes & fees: $212

Occidental Royal Hideaway Spa • 5★
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Taxes & fees: $212

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$999
Taxes & fees: $181

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Hawaii Cruise
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